

獨木舟三星證書認可課程

訓練環境：平靜的水域，(泳池、湖泊或海上內灣)

訓練日數：一天

訓練器材：少年獨木舟所用的設備

參加資格：凡持有海象章的少年

訓練內容：(理論)1. 簡介少年獨木舟競賽及獨木舟水球艇

(實習) 1. 單人搬運艇隻

2. HI 型救艇法

3. X 型救艇法

考核：1. 單人搬運艇隻

2. HI 型救艇法

3. X 型救艇法

註：凡通過獨木舟三星證書認可課程測試者，其資歷等同活動證書課程三級星章或初級證書。

Junior Kayak 3 Star Award Training Course

Environment: Simple Coastal Water

Duration: 1 Day

Equipment: Junior Kayaking equipment

Requirement: Holders of Walrus Award

Content: (Theory) 1. Knowledge of racing kayak and canoe polo equipment

(Practical) 1. Launching the kayak into water in single

2. “HI” Rescue

3. “X” Rescue

Assessment: 1. Launching the kayak into water in single

2. “HI” Rescue

3. “X” Rescue

Remark: For participants who pass the Junior Kayak 3 Star Award Training Assessment, their qualification is equivalent to Kayak 3 Star Award and Kayak Elementary Certificate.